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3 1. A method of communicating information within a physical link layer of a packet based communication system, comprising the steps:

a) Employing a physical link layer transmitter to substitute an additional input data field within an idle data field of a data stream transmitted within the packet based communication system; and

b) Employing a physical link layer receiver to extract the additional input data field without corrupting information contained within the data stream.

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- 16 2. The method of claim 1 wherein the step of substituting 17 an additional input data field within an idle data 18 field comprises the steps:
- 19 a). Detecting one or more idle data field characters; and
- 21 b) Replacing the one or more idle data field 22 characters with one or more physical link 23 layer data characters.

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25 3. The method of claim 2 wherein the one or more idle 26 data field characters to be replaced are located 27 within two or more of the idle data fields.

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- 29 4. The method of claim 2 or claim 3 wherein the step of 30 extracting the additional input data field without 31 corrupting information contained within the data 32 stream comprises the steps of:
- 33 a) Detecting one or more physical link layer 34 data characters; and

b) Extracting and replacing the one or more physical link layer data characters with idle field characters.

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5. The method of any of claim 2 to claim 4 wherein the 5 step of replacing the one or more idle field data 6 physical link layer data the with characters 7 characters comprises replacing one or more idle field 8 insertion start data characters with a 9 data multiplexer character. 10

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12 6. The method of claim 5 wherein the step of replacing 13 the one or more idle field data characters with the 14 physical link layer data characters further comprises 15 replacing one or more idle field data characters with 16 a data control character.

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7. The method of claim 5 or claim 6 wherein the step of replacing the one or more idle field data characters with the physical link layer data characters further comprises replacing one or more idle field data characters with an additional input data character.

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8. The method of any of claim 2 to claim 7 wherein the step of replacing one or more idle data field characters with the physical link layer data characters further comprises the step of replacing one or more idle field data characters with an end input data character.

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9. The method of any of claim 5 to claim 7 wherein the step of detecting the physical link layer data comprises activating a data extraction de-multiplexer when the receiver detects one or more start data insertion multiplexer characters.

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10.A packet based communication system comprising one or 4 more transmitters, one or more transmission media and 5 one or more receivers wherein at least one of the one 6 more transmitters comprises a data insertion 7 multiplexer for generating and inserting physical link 8 layer data, and at least one of the one or more 9 receivers comprises a data extraction de-multiplexer 10 for detecting and extracting the physical link layer 11 12 data.